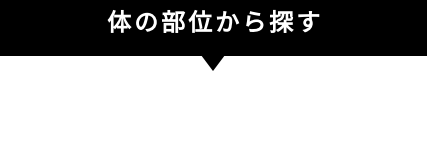


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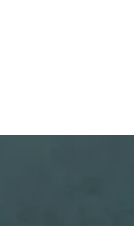
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塩分を取りすぎていませんか？ ーリスクと減塩のコツー

血圧・血管

あなたは本当に塩分を摂り過ぎていませんか？過剰な塩分への不安と減塩のコツ

1月 13, 2026 - By Dr. Ammu Muraledharan

Have You Ever Wondered Why Such A Comforting, Familiar Taste Can Affect Your Health? Many People In Japan Unknowingly Consume More Salt Than Is Healthy From Everyday Foods Such As Soy Sauce, Miso Soup, Pickles, And Processed Foods.

But Don't Worry Too Much: Even Cutting Back On Salt A Little Can Lower Your Blood Pressure Without Making Any Major Lifestyle Changes, Reducing Your Long-Term Risk Of Hypertension, Stroke, And Heart Disease.

In This Column, We'll Share Tips On How To Make Small Everyday Changes That Will Have A Big Health Benefit Without Having To Give Up Your Favorite Flavors.

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Why Is Too Much Salt A Problem?

So What Actually Happens In The Body When Salt Accumulates Little By Little With Each Meal? If You Continue To Eat A High-Salt Diet, Your Body Tends To Retain Excess Water, Increasing The Amount Of Blood Flowing Through Your Blood Vessels. This Increase In Blood Volume Raises Blood Pressure, And If This Condition Continues Day After Day, Even Over The Course Of Years, It Puts A Constant Strain On Your Blood Vessels, Leading To Stroke, Heart Failure, Kidney Disease, And Other Problems. This Is Why Excessive Salt Intake In Japan Is A More Serious Problem Than It Might Appear.

In Many Asian Countries, Including Japan, Salt Intake Is High Compared To The Rest Of The World, Due To A Dietary Culture That Heavily Uses Processed Foods, Soy Sauce, And Miso. It's Not Uncommon For Everyday Dishes To Contain A Lot Of "Hidden Salt." For This Reason, Reducing Salt Intake Is Not A Passing Health Fad, But Rather A Priority Issue. Public Health Initiatives Such As Health Japan 21 Actively Promote Specific Guidelines And Initiatives For Reducing Salt Intake, With The Aim Of Preventing High Blood Pressure And Reducing Cardiovascular Risk.

So The Message Is Clear: Gradually Reducing Salt Intake Without Sacrificing Taste Is Crucial For Protecting Your Health.

Also Worth Reading: [Online Pharmacy](#)

How Much Salt Is Considered "Too Much" In Japan?

The World Health Organization Recommends A Daily Salt Intake Of 5 Grams Or Less. Meanwhile, The Dietary Reference Intakes For Japanese People (2020 Edition) Recommends That Adults Consume Less Than 7.5 Grams Of Salt Per Day For Men And Less Than 6.5 Grams For Women.

However, According To A National Survey, There Is A Large Gap Between These Recommended Values And Actual Intake, And It Is Said That More Than 80% Of Japanese Adults Continue To Consume More Salt Than Recommended Without Realizing It.

Why Is This A Problem? Consistently Exceeding The Recommended Amount Increases Your Risk Of High Blood Pressure And Cardiovascular Disease. Reducing Salt Intake By Even 1-2 Grams Per Day Has Been Shown To Potentially Reduce The Risk Of Stroke And Heart Disease.

Where Does Salt Lie In The Japanese Diet?

Research Shows That The Majority Of Salt Intake In Japanese People Comes From Condiments And Everyday Meals, Rather Than From Table Salt Itself. For Example:

Processed Foods And Hidden Salt

Instant Noodles, Retort Soups, Processed Meat Products, And Snack Foods Can Contain Surprisingly High Amounts Of Salt. But Rather A Priority Issue. Public Health Initiatives Such As Health Japan 21 Actively Promote Specific Guidelines And Initiatives For Reducing Salt Intake, With The Aim Of Preventing High Blood Pressure And Reducing Cardiovascular Risk.

Seasonings And Condiments

It Is Said That About One-Fifth Of The Sodium Intake Of Japanese People Comes From Seasonings Such As Soy Sauce Alone. When These Seasonings Are Combined With Other Salty Seasonings, Soups Such As Miso Soup, Salted Fish Dishes, And Pickles, They Can Account For More Than 60% Of The Daily Sodium Intake.

Simple Tips To Reduce Salt Intake

By Making Small Changes To Your Everyday Habits, You Can Bring Your Salt Intake Closer To Your Target Value Without Losing The Enjoyment Of Food. While Referring To The Dietary Reference Intakes For Japanese And Various Health Promotion Plans, Try To Be Mindful Of Practical Steps That Can Be Easily Implemented By Individuals And Communities.

1. Reassess Your Seasoning And Cooking Habits

- Use Less Soy Sauce And Sauce: Try Dipping Less Soy Sauce In A Small Dish And Using It Only As A Light Dipping Sauce Rather Than Pouring It Over Your Food. Another Option Is To Choose Reduced-Sodium Soy Sauce. Even With 25-50% Less Sodium, The Taste Is Almost The Same As Regular Soy Sauce.
- Reduce Salty Soups: For Ramen, Udon, Miso Soup, Etc., Try Using Less Dashi Or Soup Base, Or Try Not To Drink The Soup To The Last Drop. Adding More Ingredients Such As Vegetables, Tofu, And Seaweed Will Help You Feel Satisfied While Reducing Salt Intake.
- Cook At Home More Often: Eating Out, Prepared Meals, And Boxed Lunches Can Contain A Lot Of Sodium That Isn't Apparent. Cooking At Home Allows You To Control The Amount Of Seasonings And Sauces You Use.

2. Choose Low-Sodium Products And Carefully Check The Label

- Check Nutrition Labels: When Choosing Foods, Make It A Habit To Check The Salt And Sodium Labels. Compare The Numbers Per Serving Or Per 100 Grams, And Also Consider The "Serving Size" When Making Your Choices, This Can Make A Big Difference In The Long Run.
- Choose Low-Salt Varieties: Many Low-Salt Products Are Now Available On The Market, Including Miso, Soy Sauce, Snacks, And Instant Foods. Simply Switching From Your Usual Products To Low-Salt Varieties Will Help You Reduce Your Salt Intake Without Any Effort And Contribute To Society's Overall Salt Reduction Goals.

3. Bring Out The Flavor Without Adding Salt

- Make Use Of Umami: Using Umami Ingredients Such As Kelp, Bonito Flakes, Dried Shiitake Mushrooms, Tomatoes, And Umami Seasoning (Monosodium Glutamate) Can Help You Feel The Rich Flavor Without Adding A Lot Of Salt.
- Adding Sourness And Aroma: Adding Vinegar, Citrus Fruits (Yuzu, Lemon), Ginger, Shiso, And Other Aromatic Vegetables And Herbs Will Enhance The Flavor Of The Dish, Making It Less Likely To Feel Lacking Even If You Reduce The Salt Content.

4. Things To Keep In Mind When Eating Out Or Choosing Prepared Foods And Bento Boxes

- Eat Less Salty Foods: Ramen, Rice Bowls With Lots Of Sauce, And Some Izakaya Dishes Can Contain Several Grams Of Salt Per Dish. Try Eating Less Frequently And Sharing Meals.
- Ask When Ordering: Even When Eating Out Or Ordering Takeout, You Don't Have To Leave The Seasoning Entirely Up To The Chef. Simply Asking For "Less Sauce" Or "Lighter Seasoning," Or Avoiding Adding Soy Sauce Or Other Sauces On The Table, Can Quietly Reduce The Amount Of Salt Without Significantly Changing The Taste.

People Who Want To Be Especially Careful About Salt Intake

People Who Already Have High Blood Pressure Or Are At High Risk Of It, Or Who Have Chronic Kidney Disease, Diabetes, Or Cardiovascular Disease, Are Believed To Benefit More From Stricter Salt Management. For These People, It Is Important To Consult With A Doctor Or Registered Dietitian To Determine A Sodium Intake Target That Is Appropriate For Them, Taking Into Account Japanese And International Guidelines.

Gradually Reducing Salt Intake While Measuring Your Blood Pressure At Home Can Give You Clues About Your Sensitivity To Sodium And Motivate You To Continue. Combining Salt Reduction With Maintaining A Healthy Weight, Making Physical Activity A Habit, Managing Alcohol Consumption In Moderation, And Eating A Diet Rich In Vegetables And Fruits Can Further Increase The Preventive Effect Against Heart Disease And Stroke.

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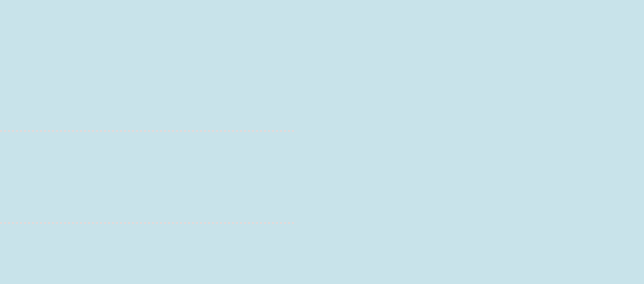
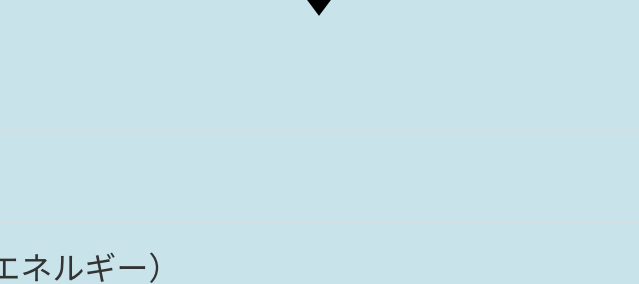
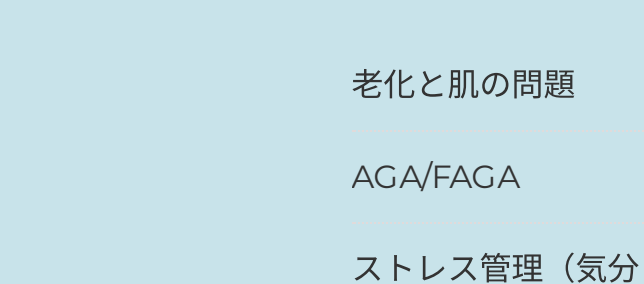
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